

# **TEMPORARY FAMILY PLANNING METHOD BOOKLET**



## INTRODUCTION

Pregnancy is a very joyful experience in a women's life . It will be joyest experience only when the pregnancy is wanted by the women. A women has the full night to decide herself whether she has to conceive or not .When the pregnancy has occurred , it should be accepted by both the parents. It is necessary to maintain a small family. So that the born child will rear by the parents well. So it is very important to know about the methods which are available to prevent the unwanted pregnancy.

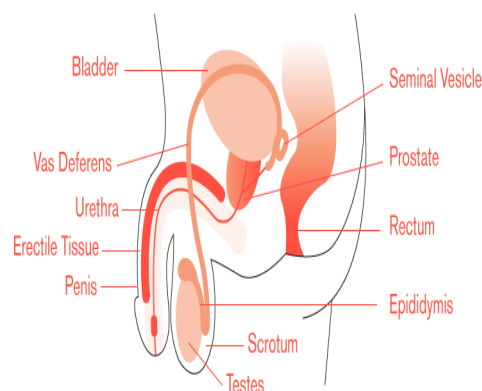
## FAMILY PLANNING AS PER WHO

A way of thinking and living that is adopted volunterly upon the basis of knowledge , attitudes, and responsible decisions by individuals and couples in order to promote the health and welfare of the family group and thus contribute effectively to the social development of a country.

The parents should have their child by choice , not by chance . there is another factor to be taken care that is the health and biological status of the mother . The women must be in good health and atleast 19 yrs of age. Ideal age for mother hood for a women is between 20- 30 years. They should know , about the temporary methods as of vital importance.

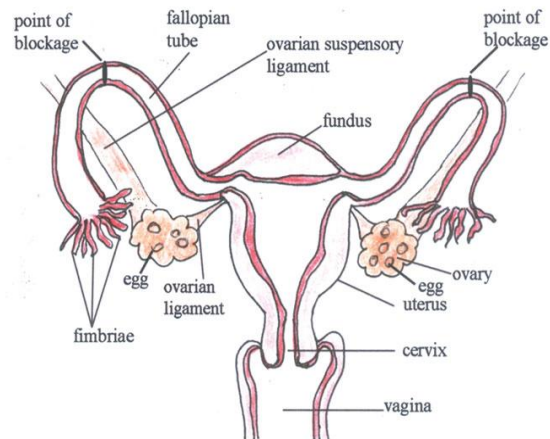
### Male sex organs :-

The male sex organ which is responsible for producing semen will have sperms, when the male had sexual contact with a female and the sperm will unite with the matured ovum and the fertilization is taking place.



## **Female sex organs :-**

Every month one egg is released from the fallopian tube, and when sexual intercourse is taking place, the egg join with the sperm and fertilization is taking place.



## **Fertilization :-**

After the sexual intercourse the sperm which is present in the semen travel through the vagina and cervix and join with the egg which is released from the fallopian tubes and fertilization is taking place and then it is embedded in the endometrium and growing as a fetus slowly, Even after the sexual intercourse, the joining of sperm and ovum can be prevented by using so many methods which are available now.

## **What is Contraception ?**

Preventing un wanted pregnancy

## **What is the contraceptive methods ?**

Contraceptive methods are by definition preventive methods to help women to avoid unwanted pregnancies. They include all temporary and permanent measures to prevent pregnancy resulting from coitus.

## **Aims of using Contraceptive Devices :-**

1. To be healthy
2. To prevent unwanted pregnancy
3. To maintain enough birth spacing between children

4. To prevent unwanted pregnancy when the mother is affected with Chronic illness.
5. When the mother has any genetic problems the unwanted pregnancy can be prevented
6. To have enough economical well being and there being improving the quality of life.
7. Lower the maternal and Infant mortality
8. Protects women's health from criminal abortion.

### **Types of Contraceptive methods :-**

1. Temporary methods.
2. Permanent method

#### **1. Temporary Methods:**

It can be used by the couples who have got married newly , those who want birth spacing, and also those who don't want any child the birth of 2 children.

#### **2. Permanent Methods :**

Those who don't want any more children after the birth of 2 live children can adopt these methods.

### **Action of Contraceptive devices:**

1. The contraceptive devices preventing the sperm entering in to the female cervix
2. Preventing the embedding of fertilized egg.
3. Preventing the formation of ovum
4. Preventing the fusion of sperm and ovum
5. Preventing the ovum from travelling in the fallopian tube

### **Details of temporary contraceptive methods :**

- I. **Abstinence** : Preventing the sexual act. ( Self control is necessary - It is not possible for all couples )
- II. **With drawal method** : Having safe sex. During intercourse the ejection of semen is taking place outside the vagina.
- III. **Condom ; ( Niroth )** Before the sexual act the male wearing the condom in his penis, so that the sperm is prevented from joining with ovum.



**Advantages :**

- Cheaper
- No side effects
- Protection against sexually transmitted diseases eg. HIV/ AIDS
- Prevent conception.

**Dis advantages;**

- In adequate sexual pleasure
- May accidentally break or slip off during coitus
- To discord after one coital act.

**IV Diaphragm :**

It is one of the temporary contraceptive method. Device for women. It is an intra vaginal device made up of rubber, round doom like device.



**Types :**

- 1) Flat    2) Curved    3) Spiral

It should be used along with the vaginal cream

**Method of use ;**

Initially apply vaginal cream over the diaphragm. Press both the curved edges and introduce in to the vagina. It will go and fix in front of the cervix. So that it will prevent the entry of sperm.

**Advice for using Diaphragm:**

1. **Along** with diaphragm, vaginal cream should be used.
2. After fixing diaphragm with in 3 hours the couple should have sexual contact.
3. After the intercourse, should not remove the diaphragm at least 6-8 hours.
4. It should not be left in the vagina more than 24 hours.
5. After taking from vagina, wash with soap and water, dry and keep it in the box safely.
6. Before use, check whether there is any tear or leak.

**Advantages:**

1. **100 %** it will give protection.
2. Easy for handling
3. No side effects

**Dis advantages :**

1. Required help of a doctor to measure the size required
2. Urinary tract infection
3. Not suitable for women with uterine prolapse

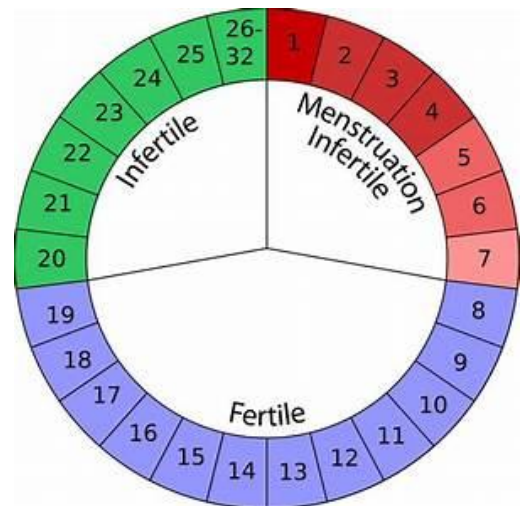
## V Chemicals :- Spermicidal cream, Jelly, Foam tablets:

### Vaginal cream:

This will be applied in the vagina , so that the sperm will be killed in the vagina it self After the intercourse washing of the entire vagina.

## VI Safe period:-

Avoiding sex in particular days in which pregnancy is possible. Safe means preventing the fusion of sperm with ovum .Women having fallopian tubes on both sides of the uterus. Each month one egg will be released alternatively from the both fallopian tubes. When the time of ovulation the couple should not have sexual intercourse. Because



The chances are more for the pregnancy. This maturation of ovum is taking place 12-16 before menstruation. After maturation it will survive only for 48 hours. The male sperm after ejaculation, survive for 3 days in the female sex organ . So one week before and one week after menstruation if the couple have sexual relationship, the pregnancy can be avoided to some extent. So it is called as safe period. It is safe for preventing pregnancy.

### Advantages:-

1. When the menstruation cycle is regular means it is beneficial
2. No side effects
3. Calculation of days is easy

### **Disadvantages:**

1. When the menstruation cycle is irregular it is not beneficial
2. Having Sexual relationship will be minimized. So the male partner may dissatisfied with this method.
3. The male partner cooperation is very much needed.

### **VII Oral Contraceptives:**

Which are tablets taken by mouth which is prepared as hormonal preparation helping in prevention of fertilization.



#### **Types of Oral Contraceptive:**

1. Mala-D
2. Mala- N

Both are preventing the formation of fertilized ovum.

#### **Method of taking Oral tablets :**

Starting from the 5th day of menstruation, daily one tablet at bed time till 21 days, the women has to take the tablets. The remaining 7 tablets are iron tablets which has to be completed by 28 th day. If one tablet is missed at any night missed pill is taken at next break fast. If two pills are missed taken additional breakfast. If two pills are missed additional condom protection is taken for the month till next mensus. However pill course is completed.

#### **Side effects:**

1. Minimal side effects only



2. Some may have Vomiting, Headache, Bleeding, increasing of Weight, etc

### **Who cannot take Oral contraceptives ?**

**The** Women affected with jaundice, vascular diseases, Epilepsy, Dysfunctional uterine bleeding, blood pressure, Cancer in breast, cervix and uterus should not take the tablets.

### **Who can take this Oral Pills ?**

Newly married, those who post pone the child birth, those who underwent abortion (MTP)

Nallipara women who wants delay in pregnancy

### **When to come for review ?**

1. After 3 months of taking oral tablets.
2. Any time when any complication arises
3. Routine check up every year to find out High Blood Pressure, Diabetes, Cholesterol.

### **VIII Copper T :-**

It is a plastic 'T' Shape like uterine device which is designed to prevent pregnancy

#### **Method of Action:**

To prevent implantation of the egg in the lining of the uterus



## **Methods of insertion:**

Copper T 375

Copper T 380 A

## **When to apply Copper T ?**

**Post menstrual/ Post Abortal / Post Placental / Post Partum**

## **Who can have Copper T ?**

1. Those who want birth spacing
2. After abortion to prevent pregnancy

## **Who cannot use Copper T ?**

Women who are not having at least one child

Cervical and uterine cancer patients.

## **Verifying the placement of Copper T ?**

To verify whether the Cu T is in place or not, the woman should wash her hands, and sit in the squatting position, and introduce the index finger into the vagina and should feel the thread. If the thread is felt then the Cu T is in place. Otherwise it would have misplaced. It should be tested at the end of menstruation. If it is not felt then rush to the hospital.

## **Indications for removing Copper T ?**

1. When there is severe painful bleeding.
2. Intolerable lower abdominal pain, excessive white discharge
3. When the white thread is not felt.
4. If pregnancy had occurred.

## Advantages:

1. Safe, Highly effective and has long – lasting action (10 years)
2. No Hormonal related side effects

## Dis advantages:

1. Heavier menstrual periods.
2. Does not protect against STI / HIV

## IX Emergency Contraception:

### What is Emergency contraception? (post coital pills )

A method used to prevent pregnancy after an unprotected sex.



### Who are eligible to use emergency contraceptive pills ?

- Women who had intercourse with out using any family planning method
- Missed pills for 3 days
- A women who had suspected pregnancy
- Women who are breast feeding or less than 6 weeks post partum
- A women who had a blood clotting problems.

### How does the emergency contraceptive pills work?

The hormones in the pills prevent fertilization, preventing iimplantation of the fertilized egg in the lining of the uterus.

### How many emergency contraceptive pills supposed to take?

- One

### What is the maximum acceptable time after un protected sex for a women to take first pill

The first pill to be taken with in 72 hours or 3 days after un producted sex. No conception

## **X Injectables :**

### **Types :**

Depo medroxy Progesterone (DMPA )

Nor ethisterone enanthate ( NET- EN )

Un wanted pregnancies can be avoided by injectables



### **Method of use :**

- 1 **Every** three months one injection is enough
- 2 5<sup>th</sup> day of menstruation should be apt for giving injection
- 3 It should be given in the gluteal region deep intramuscularly.

### **Side effects :**

1. Bleeding will be there some time
2. Weight may be increased.

### **Advantages :**

1. Prevent unwanted pregnancy
2. Prevents occurring fibroid inside and outside the uterus
3. It is safe, long standing safety measure.

### **Contra indication for taking injection ?**

1. **Those** who has severe bleeding
2. Cancer cervix , uterus and any vaginal diseases.

## **XI Norplant: ( Implant )**

This is also a temporary contraceptive method. This will have 6 Contraceptive pills which are made up of silicon rubber and is

being implanted under the skin in the inner aspect of the left arm 6-8 cm above the elbow fold. It is done under local anaesthetic. Norplant should be removed within 5 years of insertion.

**Advantages:**

1. Prolonged protection will be possible
2. Any woman in the reproductive age can use
3. Any time it can be taken out

**Side effects:**

1. Some time excessive bleeding will be there
2. Slight head ache is possible.

**Conclusion:**

On concluding the above said temporary contraception methods should be followed by the eligible couples. Which ever method is suitable, they can select , use the method and get benefited by preventing the unwanted pregnancy, that only will be good for our home as well as to the nation.